Three amigos summit will tackle the major issues facing North America — and maybe cookies metroNEWS

Toronto metro

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metroLIFE

Your essential daily news | TUESDAY, JUNE 28, 2016 High 24°C/Low 15°C Chance of showers

Another property is scooped up in Toronto's Annex neighbourhood.
LIZ BEDDALL/METRO

Cooling the red-hot market

REAL ESTATE

Feds examining affordability, stability, in T.O. and Vancouver

May Warren
Metro | Toronto

As Toronto housing prices continue to soar, Ottawa is taking action to tackle the red-hot market.

Finance Minister Bill Morneau announced last week the creation of a new working group on the fever-pitch markets in Toronto and Vancouver. It will examine factors like supply and demand, affordability and the long-term stability of the housing market.

William Strange, a professor of real estate at the University of Toronto's Rotman School of management, said Ottawa's move signals the government is being prudent, and recognizes there is a serious bubble in both markets.

"They're attempting to do the kinds of things that they can do to restrain the market, put a really tiny hole in the balloon rather than having the balloon deflate all at once," he said.

Strange said there are two main measures they could take to do that: Making it harder for people to get mortgages, and relaxing land use regulations to allow more housing to be built.

What they won't do, he said, is address some of the migration patterns that affect the real estate market. If people weren't drawn to Toronto and Vancouver and moved to smaller cities instead, Strange said it could ease both housing prices and traffic congestion.

A recent list of the nation's 12 most expensive homes compiled by a real estate search portal had just one Toronto example on the list, a $28.8 million Bridle Path mansion.

Ten of the other 12 listings were in B.C.

But for many first-time buyers in the GTA, it's the $700,000 home that's just out of their reach that's the real problem.

Cherise Burda, executive director of Ryerson University's City Building Institute, said building different kinds of housing and more density along transit lines are key to cooling off the market.

More "missing middle" housing, such as townhouses and mid-rise condos, are needed so the choice doesn't come down to a downtown condo or a far-away detached home, she said.

"A lot of people are being driven outside for an hour and a half commute or longer, two hour commutes, in order to drive until they qualify for a mortgage," she added.

PRICE JUMP

- Home prices have jumped 15 percent in the last year in Toronto, according to figures from the Toronto Real Estate Board.
- The average price for a home in the city was $782,051, up more than $60,000 from last year.

metro NEWS

Your essential daily news

Cameron tries to reassure Brits as credit rating falls, and intolerance rises. **World**

City won't regulate pot shops for now

DISPENSARIES

Licensing committee defers debate until October

The City of Toronto won't regulate rogue pot dispensaries anytime soon after the licensing committee voted Monday to defer the issue until the fall, touching off a brief but noisy protest at city hall.

Last month, Mayor John Tory asked staff to look at ways of regulating the marijuana dispensaries that started popping up in some parts of the city. He also called for a crackdown citing resident concerns.

Police and city enforcement staff followed through by shutting down dozens of shops and laying numerous criminal and bylaw infraction charges. Some stores have reopened, and the city and police have vowed to continue to enforce the law until Ottawa legalizes pot as promised.

> **You're driving this back underground.**
> Pot dispensary owner

But licensing staff, after consulting the legal department, in its report also concluded the city did not have the authority to regulate the sale of medical or non-medical marijuana.

Despite that, the report noted that Vancouver council passed a bylaw regulating medical marijuana businesses, though many applying for the new licence do not meet the zoning requirements.

Staff recommended they report back to the committee on Oct. 25 "with an updated review of the legislative landscape." The federal government must revise or replace the medical marijuana law by Aug. 24 after the federal court declared it invalid.

As Monday's meeting got underway, Coun. Giorgio Mammoliti, a member of the licensing committee, moved a motion to defer the debate until fall, arguing it was premature.

"Until the federal government actually legalizes marijuana, municipalities are not in the position of legalizing them, and that's what people just don't understand," Mammoliti said outside the committee room while pot advocates hurled insults his way.

"You're driving this back underground," scolded one pot dispensary owner.

Coun. Jim Karygiannis was the lone committee member to vote against the deferral motion, saying the city needs to end costly enforcement actions immediately.

"We have to go back to the drawing board … stakeholders have to be at the table to discuss and have a rational approach on how to move forward," Karygiannis said, flanked by representatives of the Toronto Dispensaries Coalition.

They were at city hall to urge committee members to embrace regulation and drop all cannabis-related charges laid as part of Project Claudia, the name Toronto police gave last month's crackdown.

The coalition is hoping to work with the city to bring forward "safe, sensible and reasonable regulations that will be best for Torontonians," said spokesman Michael McLellan.

TORSTAR NEWS SERVICE

Police raid Cannawide marijuana dispensary in May after issuing warnings to numerous dispensaries operating outside of current Canadian marijuana laws. COLE BURSTON/THE CANADIAN PRESS

MARIJUANA SALES

Most not sold on LCBO going to pot

As the provincial government hashes out where marijuana should be sold, a new poll suggests Ontarians are deeply divided.

While Premier Kathleen Wynne has suggested the LCBO may be the best place to sell recreational cannabis, the Forum Research survey indicates otherwise.

More than a third of those polled (35 per cent) would like marijuana to be sold in pharmacies.

About a quarter (26 per cent) prefer "dispensaries," like the more than 100 now operating illegally in Toronto.

But only 20 per cent believe the government-owned Liquor Control Board of Ontario should be selling weed at its 654 outlets across the province.

Just 3 per cent felt it should be sold at convenience stores and 2 per cent that individual dealers should be allowed to sell pot.

"While the government considers the LCBO the best place to control and regulate the distribution of legal pot, it is apparent voters don't agree," said Forum president Lorne Bozinoff.

"In fact, many find the combination of marijuana and alcohol to be an inappropriate retail mix. Pharmacies and dispensaries are preferred."

Indeed, Forum found 50 per cent of respondents felt it was "not appropriate" for marijuana to be sold where alcohol is retailed, while 45 per cent felt it was appropriate for weed to be sold alongside booze in the LCBO.

More than a third of those polled would like marijuana to be sold in pharmacies.
TORSTAR NEWS SERVICE

43%
Only 43 per cent admitted to using marijuana. By comparison, 69 per cent said they drink alcohol.

Using interactive voice-response telephone calls, Forum polled 1,173 Ontarians last Tuesday with results considered accurate to within three percentage points 19 times out of 20.

The survey was conducted the same day Wynne reiterated her desire for the LCBO to control recreational marijuana sales.

"We have the LCBO in place (and) I think that we've demonstrated that that kind of regulation is efficient and is effective," the premier said June 21.

Forum also found that 54 per cent approve of legalization while 38 per cent disapprove and 8 per cent weren't sure.

TORSTAR NEWS SERVICE

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WE ASKED YOU

What needs to be done?

City planners in Toronto say it's time to talk about King Street

Steven Goetz
For Metro | Toronto

King St. is the city's most important surface transit route. More than 65,000 daily commuters ride the King streetcar every weekday, and the route passes through the country's largest concentration of jobs.

But the street isn't working as well as it should, contends Jennifer Keesmaat, Toronto's chief planner.

With the launch of the King Street Visioning Study, Keesmaat wants the city to imagine a "complete street," balancing public uses and moving people more efficiently.

Keesmaat has cited Melbourne's "High-Mobility Streets" as a possible model, where cars have been banished in favour of high-frequency streetcars, bike lanes and wide pedestrian walkways.

Launched last week, the study is being led by a team of architects and planning firms who will engage city departments, local businesses and the public to reimagine King Street between Dufferin in the west and River Street in the east.

The study will inform a pilot project expected to be launched in summer 2017 to test the impact of changing the types of surface vehicles allowed to travel along the street.

The dates for public consultation have yet to be announced, but Metro staked out King to ask Torontonians what they want the street to be.

King should be one way and Queen another like in other big cities. I think streets designed just for cars don't make sense anymore.

Robin Pope

I think the street has enough traffic on it already. Moving it would just make other streets busier. It's an interesting idea but I will wait to see how the pilot project works.

Ron Mag-Iba

It's so busy, people don't take transit because it is no better than driving. Public transit should take priority, and that is coming from someone who drives.

Joelle Anello

Better pedestrian and bike culture would be good for business and people would worry less about parking.

Malina Kaija

The King streetcar is a nightmare. I think it would be great to open it up more for pedestrians and high-occupancy streetcars.

Kate Costin

Brett Armstrong and Jora Hayman

There are not enough alternatives to get rid of car traffic along King: Jora Hayman

If it was more pedestrian and cycle friendly, more people would come down here. There is a lot of traffic so people avoid it.

Victor Huynh

STATIONS

Bike Share expands

Luke Simcoe
Metro | Toronto

It's about to get a lot easier to find a Bike Share station in Toronto.

The long-awaited expansion of the city's Bike Share program is officially underway, with plans to add 120 new stations and 1,000 new bikes by July 11.

The $4.9-million expansion is a partnership between the Toronto Parking Authority, which oversees Bike Share, and Metrolinx. It will double the number of bicycles in the system and bring Bike Share racks as far as Wychwood Barns in the north, Dundas West Station in the west and Main Station in the east.

"This is a giant step forward for Bike Sharing in Toronto," said Toronto Parking Authority President Lorne Persiko.

"We made a commitment to give Toronto a world class bike sharing network and today's announcement, with the Metrolinx partnership, makes Bike Share Toronto one of the world's best."

Bike Share currently has roughly 4,000 annual members and 35,000 casual users.

Since the city took over the program from the bankrupt Bixi, users have called for more stations outside downtown core and near subway stops.

Metrolinx CEO Bruce McCuaig hopes the expansion will address some of those concerns.

"Bike sharing is a great way to connect people to transit in the first and last kilometre of their journey, giving people more options to get where they need to go," he said in a statement.

As part of the deal with Metrolinx, new Bike Share Toronto members with a valid PRESTO card will receive 50 per cent off their first year of membership.

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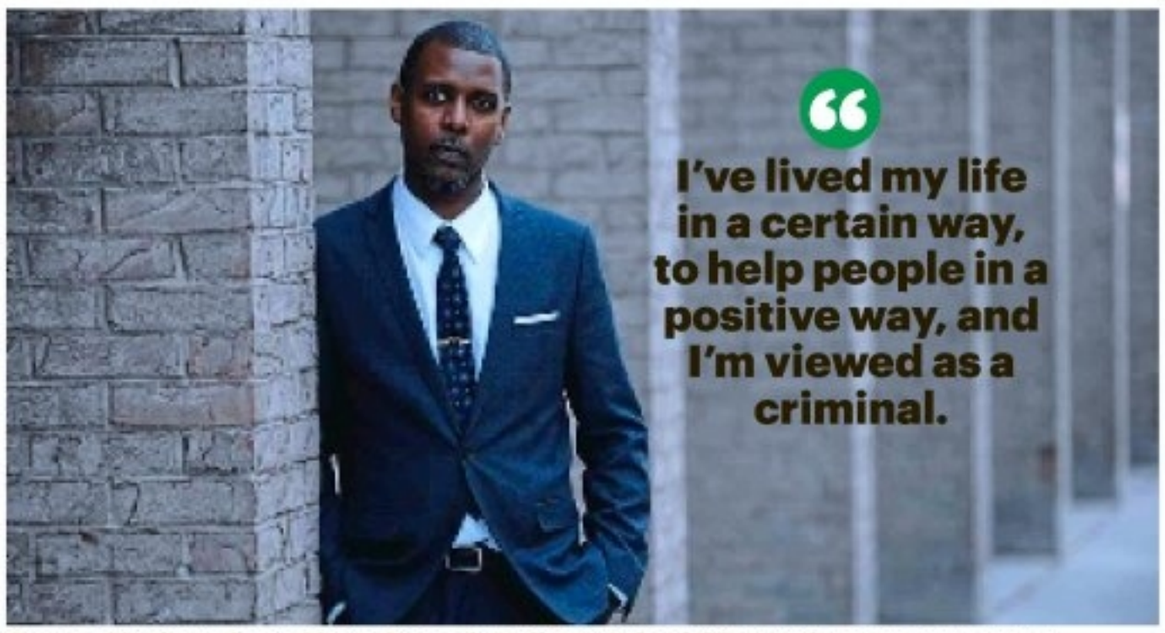
Law grad takes on police in rights case

EQUAL OPPORTUNITY

Argues he was discriminated against, denied ride-along



George Singh graduated from Osgoode Hall Law School this month. TORSTAR NEWS SERVICE

When George "Knia" Singh filed a freedom of information request for any records Toronto police might keep on him, he received papers documenting encounters he'd had with Toronto officers, some involving contact cards.

None related to arrests or charges, mind you, since Singh, an Osgoode Hall law student, does not have a criminal record.

So it came as a surprise when, as part of a law class, he requested and was denied a ride-along with Toronto police.

The reason? He'd been stopped and documented in the company of people with criminal records.

Singh, who recently sought the provincial Liberal nomination for the coming byelection in Scarborough Rouge-River, has filed an application with the Human Rights Tribunal alleging police discriminated against him. He also filed a complaint with the Office of the Independent Police Review Director.

As an aspiring criminal lawyer, Singh spent many years working with youth and young adults in at-risk areas of the city.

"I was really affected by the fact that I've lived my life in a certain way, to help people in a positive way, and I'm viewed as a criminal," said Singh, who is 42.

He seeks $170,000 in compensation, which Singh in his application said would "serve as a deterrent to future conduct" by police. TORSTAR NEWS SERVICE

INFRASTRUCTURE

School boards get cash to fix buildings

Ontario boards will receive $1.1 billion more in funding over the next two years to fix roofs, windows and boilers — about $300 million of it targeted at aging schools in Toronto, Mitzie Hunter said Monday in her first announcement as education minister.

$579M

Total the Toronto public board has to spend on repairs. The Catholic board has a total of $107 million.

The government previously pledged money for this school year and next for school renewal, and the new funds bring the total to $2.7 billion. The Toronto District School Board will get $257 million more, boosting its two-year repair fund to $579 million. About $40 million more will go to Toronto's Catholic board, for a total of $107 million. Boards said the money will help make a dent in their ballooning maintenance backlog, pegged at $3.5 billion for the Toronto public board and $600 million for the Catholic alone.

TORSTAR NEWS SERVICE

FATAL ACCIDENT

Four dead after crash

A family of three were among the four victims of a 11-vehicle highway crash late Friday evening. They were found together in the same vehicle. Among them was a 4-year-old girl.

The other two related victims are female. The gender of the fourth victim is unknown.

None of their identities have been released to the public.

The grisly crash on Highway 400, south of Finch Ave. had involved three transport trucks.

Police say a post-collision fire consumed the trailer of one transport truck and two other vehicles.

Police are asking anyone with information to call the Toronto OPP at 416-235-4981.

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‘Front door of the city’

Union Station Summer Market returns for the second year for 71 days this season

Gilbert Ngabo
Metro | Toronto

For 71 days this summer, transit riders and downtowners can stop for lunch on the footsteps of Union Station.

The Union Station Summer Market has returned for a second year, offering everything from Mexican burritos to ice cream from Budapest.

“We are really like the front door of the city,” said Charlene Lo, vice president of brand and communications at Toronto Union. “We want to make people stay here as long as possible, not just a place for people to pass through.”

Over 20 vendors from across the city have been selected to sell food items at the terrace facing Front Street. An important focus this year was put on creating more seating spaces with shade, Lo said.

Some of the vendors are returnees from last year, but many others are new. Among the rookies is Japanese street food vendor Gushi Original, known for its specialty chicken dishes.

“We always want to serve our community better,” said Gushi owner Jordan Harasinski. “This is the best place to find everyone.”

Vendors are eager to showcase culinary tastes from their respective cultures as well.

“This is actually the Hungarian tradition, and it’s cooked right in front of you,” said Justin Butler about the cones of Chimney ice cream his company, Eva’s Original Chimney, is selling on a hot Monday afternoon.

This year’s market will also see non-food elements added to the mix. Queen West’s Wild North Flowers will be there every Thursday, and there’s a performance stage hosting local artists. Free movie screenings are planned every Wednesday.

“The market is about helping people be part of the city,” said Lo.

1 Queen West’s Wild North Flowers booth offers something a little different from its delicious neighbours.

2 A market with a view: Market visitors can take in the sights and sounds of one of Toronto’s busiest intersections at Bay Street and Front.

3 Market visitor Kevin gets a taste of Budapest in the form of an ice cream chimney cake by Eva’s Original Chimneys.

4 A lobster roll and snow crab fries from returning market booth Off the Hook.

5 Market-goers will be treated to live performances throughout the summer.

6 Japanese street food kiosk Gushi Original dishes out the goods to downtowners. LIZ BEDDALL/METRO

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Pride welcoming for youth: Organizers

LGBTQ

Parade offers them a safe environment: Ambassador

Gilbert Ngabo
Metro | Toronto

Young people may feel anxious about going to Pride Parade the first time, but organizers say knowing there's support makes a difference.

"We get calls about youth who haven't come out yet and who are worried about what the perception will be," said Kids Help Phone counsellor Caitlin. "They are concerned about their families, their classmates, and just basically what to expect."

As Pride Month draws to a close and the big parade is around the corner, Caitlin said it's important for the LGBTQ youth to be aware of the help and support available for them.

Some of the youth may be still questioning their sexual orientation and their gender identity, and look to use Pride as a way to familiarize themselves with the LGBTQ community, she said.

As many as 16 per cent of the calls to Kids Help Phone come from youth already identifying as LGBTQ.

"The important thing is to know you're surrounded with people who are allies, who are there to support you," she said.

Pride Toronto youth ambassador Jordyn Samuels advised the nervous first timers to know it's OK to avoid being in pictures.

As for those who fear the stigma from those who may not accept their sexual orientation, Samuels said they should take heart that Pride is for everyone.

"You don't have to be a member of the LGBTQ to go to the parade," she said, noting many attend the parade simply as allies, to show support, to volunteer or just network with workmates.

"It's definitely a very fun place to be, despite so much stigma and judgment out there."

A youngster looks on during last year's World Pride celebrations in Toronto. TORSTAR NEWS SERVICE

FACES OF PRIDE

- Art meets technology to light up the corner of Queen and Peter in Pride colours.
- Starting Tuesday evening, the north façade of SapientNitro office will be lit with faces of people who support Pride.
- The art installation, dubbed Faces of Pride, will run until Thursday, between 9 p.m. and 2 a.m.

FESTIVAL

Engineer eliminates Ribfest's sorting mess

Days ago, Barry Friesen was scrambling to find a way to properly dispose of the mountain of rib bones that will be left behind after Etobicoke's Ribfest this weekend.

"The city wants us to separate our organics and recycling but our challenge was where was it to go?" said Friesen, in charge of waste for the Rotary Club annual event at Centennial Park from June 30 to July 3.

Across the GTA this summer, scores of outdoor food-and-beverage-focused events held in public spaces will produce piles of trash that organizers must separate and dispose of as a condition of their permits.

Up until two years ago, most of the waste from the west-end Ribfest was also sent to a landfill or incinerator, with some recycling of beer cans and cardboard. In past years, the Ribfest generated up to 16 dumpsters of solid waste.

Enter Friesen, a Rotarian and professional engineer with a passion for helping the environment through the elimination of waste.

Most outdoor events rely on garbage bins to collect all manner of discarded waste that can't be separated, so Ribfest did something different: organizers got rid of garbage bins and set up recycling tents.

Last year, Ribfest diverted 59 per cent of its waste from landfill. This year, the charity event hopes to divert 80 per cent through recycling and compost.

TORSTAR NEWS SERVICE

Mark Dones, right, and girlfriend Jessica Kim enjoy Toronto's RibFest in Centennial Park. VINCE TALOTTA/TORSTAR NEWS SERVICE

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New take on T.O. taxes

From repairing cracks in the Gardiner to building new transit lines, the city has a long laundry list of projects. But the perennial question is, how to pay for it?

As council's executive committee meets to discuss possible revenue tools Tuesday, two municipal experts have released a new paper exploring different options for raising money. The authors — Enid Slack and Harry Kitchen of the Institute on Municipal Finance and Governance at the University of Toronto — argue Toronto and other big cities should rely less on property taxes and look at other revenue options. "Other cities around the world use a wider range of tax choices, including income, sales, fuel, and other vehicle taxes. It is time for Canadian cities to have access to some of those choices as well," they write. **Here are some of the options the report suggests to help fill Toronto's piggy bank.**

May Warren
Metro | Toronto

Hotel & motel tax

This would add a fee for tourists and business travellers staying in the city's hotels. Slack and Kitchen say it's unclear whether the tax deters tourists from visiting the city.

What it could mean for Toronto:
It's something Mayor John Tory is interested in exploring. It's also one of the more politically palatable revenue tools, as it's not paid by those living in the city.

Vehicle registration fee

This would introduce a fixed fee for owning a vehicle in the city. Toronto introduced a $60 levy on passenger and light commercial vehicles Sept. 1, 2008, but scrapped it in January 2011.

What it could mean for Toronto:
Toronto's former vehicle registration tax raised $64 million annually, according to the city.

Municipal sales tax

Adding a tax to local purchases affects both residents and visitors in town to do some shopping. Studies from the U.S. show that if all cities within a region impose this tax it doesn't have a negative affect on any one city's economy.

What it could mean for Toronto:
Coun. Shelley Carroll estimates adding one per cent to the HST on all local purchases would raise $500 million every year.

Personal income taxes

In Canada, only the federal and provincial governments levy income tax. However, other cities, including New York, take a share of residents' earnings.

What it could mean for Toronto:
Depending on the structure, the income tax could be deducted from everyone who lives in the city, or it could be collected by employers, thereby affecting those who work in the city.

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Parking charges

Slack and Kitchen suggest parking taxes can help ease congestion and the cost of traffic enforcement for cities.
What it could mean for Toronto:
Coun. Joe Mihevc has said a dollar-a-day levy on commercial parking spaces could bring in $500 million annually.

Road Pricing

The authors argue toll roads can reduce congestion and pollution and raise funds for public transit.
What it could mean for Toronto:
Estimates suggest tolling the Don Valley Parkway and the Gardiner could bring in as much as $120 million a year.

Fuel tax

A tax on fuel provides an incentive for people to switch to more efficient cars or use public transit, say Slack and Kitchen. But they conclude that a fuel tax is not beneficial in the long term, as millennials are driving less than their parents.
What it could mean for Toronto:
The province currently shares two cents per litre of its gas tax revenues with municipalities. However, cities like Calgary and Edmonton get as much as 4.5 cents per litre.

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Seconds for U.S. president

OTTAWA

Three Amigos to have cookies made for each of them

Emma Jackson
Metro | Ottawa

Here's hoping the president wants seconds.

Staff at the Moulin de Provence bakery in Ottawa's famous ByWard Market are busy baking as many maple leaf cookies as they can in the hopes U.S. President Barack Obama will pop in during the Three Amigos summit.

It's not an impossible dream.

The U.S. leader last visited the capital in February 2009, and surprised customers and staff alike when he dropped into the downtown bakery for a treat.

He chose the most Canadian thing in the store: a maple leaf shortbread cookie, painted red, with "Canada" iced in white.

Ever since, the cookies have been named for him. They're a huge tourist trap: store manager Maxime Lemay said the large display gets photographed constantly.

Maxime Lemay, store manager at Moulin de Provence bakery in the market, sells cookies for Justin Trudeau alongside the famous Obama cookie. He'll make one for the Mexican president by Wednesday, too. EMMA JACKSON/METRO

And the store is littered with poster prints of the president's visit.

"It's not very often that the president of America is coming in a public store," Lemay said. "He stopped by Parliament Hill to meet the prime minister, and he stopped here to have a cookie. It's kind of special."

This time around, if he drops in again, the bakery will be ready.

Lemay is designing a massive maple leaf cookie featuring the flags and faces of the three North American leaders for display on Wednesday.

Staff will also give away smaller shortbread cookies featuring Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto. Of course, there will be plenty of Obama cookies to give away, too.

Lemay hopes it will be hard for Obama to ignore the store if he's nearby.

But Lemay has competition from another shop owner hoping to serve the most powerful man in the world.

Claudio Fracassi, the face behind The Soup Guy store in the World Exchange Plaza, missed out on meeting Obama in 2009, despite creating a beef chili soup in his name.

Obama reportedly loves chili, and on the night of the historic 2008 election Fracassi "was so elated and happy" that Obama won he started concocting the special recipe right then.

It was an immediate hit, and a menu regular ever since.

This month it's back full-time, and Fracassi hopes it's enough to draw the president to his shop.

"He could have come here, or to the market," Fracassi said. "Now, we're hoping that he comes here."

PARLIAMENT

Increased security on Hill

Joe Lofaro
Metro | Ottawa

Security for Wednesday's Three Amigos summit is expected to be heightened as U.S. President Barack Obama meets with Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto.

The RCMP are warning members of the public that movement in the parliamentary precinct will be limited.

RCMP spokeswoman Annie Delisle said there will be a "sufficient" police presence in the area as the Mounties are responsible for the security of Trudeau and the two visiting leaders. Officers will be stopping members of the public as Obama arrives and leaves the parliamentary precinct after the summit.

"This means that any individual on the Hill at this time will have to stop completely wherever they are. There will be no movement in or out of Parliament Hill for this period," said Delisle.

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FW-22- METRO TORONTO

Get to know your Amigos

Haley Ritchie
Metro | Ottawa

Mexico's President Enrique Peña Nieto is in Canada for the North American leaders summit with Prime Minister Justin Trudeau and U.S. President Barack Obama. Here's your cheat sheet to the three North American leaders.

Enrique Peña Nieto

- 57th president of Mexico, took office December 1, 2012
- 49 years old, born in Atlacomulco, near Mexico City
- Campaigned on an aggressive crackdown on drug cartels and a promise to improve the economy in Mexico
- Peña Nieto has publicly revealed he has had multiple affairs, including fathering two children out of wedlock during his first marriage. His image was used on a Mexico City billboard in 2012 advertising adultery website AshleyMadison.com
- His wife is Angelica Rivera is a soap opera star on Mexico's television network Televisa
- He likes to listen to Abba and Celine Dion, according to a profile in The New York Times

Justin Trudeau

- 23rd Prime Minister of Canada, took office Nov. 4, 2015
- Son of former Prime Minister Pierre Elliot Trudeau
- Trudeau is a former high school teacher and taught French, math and drama. He's also been a camp counsellor, whitewater rafting instructor, bungee jumping coach, snowboarding instructor and bouncer
- Former U.S. president Richard Nixon foretold Trudeau's rise to power in Ottawa on April 14, 1972. His mother and father were hosting a gala at the National Arts Centre where visiting Nixon said, "I'd like to toast the future prime minister of Canada, to Justin Pierre Trudeau"

Barack Obama

- 44th president of the U.S., took office January 20, 2009
- This is Obama's last year as president. He will soon be replaced by presidential candidates Hillary Clinton or Donald Trump
- In 2010 Obama introduced major health-care reform in the United States. The Patient Protection and Affordable Care Act — also known as Obamacare — made health insurance mandatory while trying to improve its affordability
- Won a Nobel Peace Prize in 2009
- Born in Hawaii, Obama spent some of his childhood in Indonesia and went to university in Chicago
- Obama's favourite sport is basketball

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Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

Recently an Italian study of a sugar-blocking supplement showed impressive weight loss results.[1] The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in only 90 days.

The subjects lost 10% of their body weight and lost 3 times the weight of the control group, who were on a controlled diet, but without a mulberry supplement. In addition, the subjects also experienced healthier blood sugar levels after using this mulberry supplement.

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.
To make sure this product right for you, always read the label and follow the instructions.

Richard Piegan with wife Amanda, daughter Gwen and their family dog outside the Comfort Inn in Amherst, N.S., on Monday. TC MEDIA

Ohio family has 'lost everything'

HELP

RV goes up in flames in move to Nova Scotia

Philip Croucher
Metro | Halifax

Richard Piegan isn't letting a life-altering hardship get in the way of the end goal.

Less than 24 hours after seeing his family's personal belongings go up in smoke when the RV they were driving from Belmont, Ohio, to Cape Breton became engulfed in flames, the soft-spoken American still talks with hope about getting to their final destination and starting a new life for himself, his wife Amanda, and their 15-year-old daughter, Gwen.

"We'd love to get there," he said of Cape Breton, while sitting in his Amherst hotel room Monday afternoon. "I'd love to have a job in fishing. It's been my dream for my whole life.... I just want to be a fisherman."

No one was injured in the fire. The family had been living in the RV since April and lost all their belongings, including their passports and credit cards.

Piegan said he's been overwhelmed by the support they have received so far, and is open to anything else people may be willing to give them.

He said the family RV was their "real house," which they had been living in for the past couple of months in their hometown.

It had some insurance, he added, but not a lot.

"I'm not going to turn anything away at this point. We can use any help. Anything. We've lost everything, man. We got nothing."

WITH FILES FROM TC MEDIA

Not here due to Trump

Many people have been asking Richard Piegan whether moving from south of the border to Cape Breton has anything to do with a recent website calling on Americans to move to the Nova Scotia island to get away from Donald Trump.

Donald Trump GETTY IMAGES

Piegan said Monday he had never heard of the website cbiftrumpwins.com, adding Trump running for presidency had no impact on him coming here. "He's a jerk, I don't care about him or his 25 ex-wives," he said. "I just wanted to get up here and get a job."

WITH FILES FROM TC MEDIA

FEDS

Unease for refugee system reform

Changes made to Canada's refugee system in 2012 resulted in faster decisions on asylum claims, but an internal government study warns those improvements may now be at risk.

Several asylum targets weren't met following the implementation of reforms, despite the fact the government had set aside money to cover twice as many claims as were ultimately received, the study found.

Now, the number of claims is on the rise again.

> **There may be further challenges.**
> Refugees and Citizenship Canada internal evaluation

"If claim intake continues to increase, there is a risk that there may be further challenges meeting targets, that backlogs may grow, and the overall average claimant time in the system may increase," said an internal evaluation of the reforms posted online by Immigration, Refugees and Citizenship Canada.

The latest evaluation comes with Justin Trudeau's Liberal government poised to put additional pressure on the system by undoing another of the changes made by the previous Conservative government.

The primary goal of the changes had been to get claims decided faster, to ensure those in need of asylum were approved more quickly, and those who did not qualify were promptly deported.

THE CANADIAN PRESS

Brexit hangover rages on

UNITED KINGDOM

PM Cameron insists British economy is stable, robust

Prime Minister David Cameron insisted Monday that Britain's shock vote to leave the European Union won't send the economy into a tailspin, even as the country was stripped of its top credit rating and stock markets and the pound continued a downward spiral.

Calling the vote a "seminal event" that "will lead to a less predictable, stable and effective policy framework in the U.K.," Standard & Poor's knocked the U.K.'s sovereign rating by two notches, from AAA to AA. Hours later, Fitch Ratings followed suit, downgrading the country to AA, from AA+.

Both agencies said they were keeping a negative outlook on their ratings. Standard and Poor's cited risks to the economy and public finances, the pound's role as an international reserve currency and "risks to the constitutional and economic integrity of the U.K." as Scotland's strong vote to remain in the EU could raise the prospect of another referendum on Scottish independence.

Cameron, however, insisted the British economy could withstand the shockwaves.

Despite the uncertainty fuelling financial instability, leaders in both Britain and the EU signalled there would be no immediate start to negotiations on an EU exit.

A person holds European flags in one hand and a British flag in another in Lille, northern France. European Commission chief Jean-Claude Juncker said Britain's departure from the EU was "not an amicable divorce" but called for it to be quick. AFP/GETTY IMAGES

German Chancellor Angela Merkel met with her French and Italian counterparts and said "we agree there will be no formal or informal talks" until the British government officially declares its intention to quit by invoking Article 50 of the EU treaty.

The statement appeared to scotch hopes by Conservative lawmaker Boris Johnson and his Vote Leave campaign to hold preliminary talks on the general outlines of a deal before Article 50 triggers a two-year countdown to a British exit.

Earlier, Merkel said she understood that Britain may need "a certain amount of time to analyze things," but said a "long-term suspension" of the question wouldn't be in either side's economic interest.

We have to accept the result, we have to get on and deliver it and as we do so, we have to seek the best possible deal. David Cameron

Meanwhile, U.S. Secretary of State John Kerry, in Brussels and London to address fallout from the vote, said the U.S. has "immense confidence in … the leadership on both sides of the channel" to negotiate a deal.

Amid signs the uncertainty was hitting business confidence, a leading business group said 20 per cent of its members planned to move some of their operations out of the U.K. The Institute of Directors said a survey of its 1,000 members showed three out of four believe Britain's exit from the EU will be bad for business. About a quarter said they would freeze hiring and 5 per cent said they would cut jobs.

"Ultimately we think that our members are very resilient, we think that British business is tough and will adapt, but certainly at the moment there is a lot of nervousness," said Edwin Morgan, the head of media relations.

The pound hit a new 31-year low Monday, dropping another 3.5 per cent to $1.3199 US, while stock markets declined across Europe. THE ASSOCIATED PRESS

AFTERMATH

Promises, promises

Politicians who wanted Britain to leave the European Union were not shy about making promises. They plastered their campaign bus with vows to "take back control" on immigration and boost funding for the beloved National Health Service.

But with Britain facing months or years of negotiations to detach itself from the 28-nation bloc, victorious "leave" leaders will find their pledges of prosperity, sovereignty and more public spending hard to keep.

I fear greatly for democratic politics here.
David Blunkett, former Labour interior minister

They know it, and are already lowering expectations.

Conservative "leave" supporter Iain Duncan Smith now says the campaign had not laid out promises but simply "a series of possibilities." And having shocked the world — and global markets — with the referendum result, Britain appears in no hurry to rush out the EU's exit door.

The "leave" campaign led by Boris Johnson has yet to lay out what it thinks Britain's future relationship with the EU should look like, and Prime Minister David Cameron says Britain won't trigger formal divorce talks until a new prime minister is in place after the summer. THE ASSOCIATED PRESS

XENOPHOBIA

Acts of intolerance surging

An Eastern European family in Rugby finds dog excrement shoved through its mailbox. A Londoner nearly gets into a fight over drunken slurs shouted on a crowded subway car. A Polish teenager in Gloucestershire is taunted with threats of deportation at her high school.

In the wake of last Thursday's vote to leave the European Union, Britain has seen a surge in xenophobia expressed in taunts, threats and worse. For many, foreign- and native-born, the U.K. has suddenly become much scarier place.

"Before Friday we lived in a tolerant society," said Oana Gorcea, a 32-year-old Romanian who has lived in Britain since she was a teenager. "I've been here 13 years, but I've never felt like I had to hide where I came from. But from Friday, things completely changed."

I've never felt like I had to hide where I came from. But things completely changed. Oana Gorcea

Gorcea, who works for a multinational company in Rugby, about 135 kilometres northwest of London, said her street was being patrolled by "English commandos who walk around and try to intimidate non-white non-English people."

Gorcea's story and others like it have been echoing across social media for days. Eastern Europeans, Muslims — even Americans and Germans — have reported acts of intimidation and harassment. Victims describe an emboldened angry fringe emerging to crow over Thursday's vote; a T-shirt sported by a man at an Armed Forces Day parade in the working-class London borough of Havering over the weekend seemed to sum up the new attitude: "YES! WE WON! NOW SEND THEM BACK."

Channel Four's Ciaran Jenkins said that within a five-minute span in the northern England town of Barnsley, three people had shouted "Send them home!" BBC reporter Sima Kotecha said that she was in "utter shock" after having returned home to the southern England town of Basingstoke and been abused with a racial slur she hadn't heard "since the '80s."

THE ASSOCIATED PRESS

Trying to get pregnant?

The Robert Schad Naturopathic Clinic (RSNC) is hosting a free information session on optimizing Fertility and Reproductive Health as you prepare to become a parent.

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1255 Sheppard Avenue East (at Leslie subway station)

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ROBERT SCHAD NATUROPATHIC CLINIC

Aid for Fallujah too little and late

IRAQ

About 85,000 people living in makeshift camps

Near the "fully liberated" Iraqi city of Fallujah, tens of thousands are fleeing into the desert in midday temperatures of more than 50C. An estimated 85,000 displaced people are enduring heat and dust storms, even inside makeshift camps.

In Iraqi Kurdistan, hundreds of Yazidi women and girls who escaped rape and slavery at the hands of Daesh are surviving on meagre supplies, lacking medical and psychological care, while thousands of their relatives are also suffering trauma and deprivation.

On Sunday, Iraqi forces declared Fallujah, which had been held by Daesh for two years, liberated — emerging victorious from a military operation that took months of planning.

"Given the high population density inside the city, we prepared four camps before the operation," government spokesman Saad al-Hadithi told The Associated Press. "But the large number of displaced people and the quick movement has made it very hard to meet their needs."

> **The quick movement has made it very hard to meet their needs.**
> Saad al-Hadithi, Iraq government spokesman

Since the 2003 U.S. invasion of Iraq, and the sectarian violence that followed, more than three million people have been internally displaced, and 10 million are in need of aid.

Yet funding for Iraq's multiple humanitarian disasters is both little and late.

Last Thursday, Canada announced that it will move to the front line of humanitarian support by joining the U.S., Germany and Japan as co-host of a pledging conference to be held in Washington on July 20.

Over the next three years, Ottawa will contribute $840 million in humanitarian and $270 million in development assistance to Iraq, in addition to its $145 million in "stabilization and security" aid. That is a sharp rise from the $163 million in non-military aid contributed from 2014 to 2016.

New money is desperately needed, aid agencies say. The current UN humanitarian response for Iraq is only 36-per-cent funded and as the Iraqi government and its allies continue their assault on towns held by Daesh, needs are growing alarmingly.

TORSTAR NEWS SERVICE

Iraqi children displaced from the city of Fallujah gather next to a tent at a newly opened camp where hundreds of displaced people are taking shelter Monday. AFP/GETTY IMAGES

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Democratic presidential candidate Hillary Clinton and presumptive Republican nominee Donald Trump. AFP/GETTY IMAGES

U.S. PRESIDENTIAL ELECTION

Trump emails plea for $10 donations

The billionaire running for president now seeks to convince millions of Americans to give him money.

With the simple tap of the "send" button one day last week, Donald Trump collected $3 million in campaign contributions — as much as he did in the entire month of May. He had asked for donations of $10 or more, with the promise of chipping in $2 million of his own money to match those that arrived.

That one-day haul from Trump's first fundraising appeal is early evidence of the digital magic it takes to fill campaign coffers Bernie Sanders-style — millions of people, each giving a few bucks.

Yet that was just one email. Success demands repetition.

The presumptive Republican nominee must now make the case that he needs money, after months of boasting that he can pay his own way. And his campaign also is failing in what could be called "the art of the email." One analysis found that 74 per cent of his first fundraising requests landed in spam folders.

Still, if Trump can reap millions of dollars from each pitch, that could help him solve an urgent problem: He's being crushed by Democratic rival Hillary Clinton's well-honed finance machine, which pulled in 10 times as much as he did last month. Campaign money pays for the advertising and employees needed to find, persuade and turn out voters.

THE ASSOCIATED PRESS

IN BRIEF

France says no link to terror in EgyptAir crash

French authorities opened a manslaughter inquiry Monday into the May crash of an EgyptAir plane that killed 66 people, saying there is no evidence so far to link it to terrorism. EgyptAir Flight 804, an Airbus A320 en route from Paris to Cairo, slammed into the Mediterranean on May 19. The reason for the crash remains unclear. The pilots made no distress call and no group has claimed to have brought down the aircraft.

THE ASSOCIATED PRESS

Spanish parties reject grand coalition bid

Mariano Rajoy, the leader of Spain's conservative Popular Party, tried to form a "grand coalition" Monday after his party won the country's unprecedented repeat election — but his offer was quickly rejected by both the centre-left Socialists and the business-friendly Ciudadanos party. The Popular Party won 137 seats in Sunday's vote but again fell short of capturing the majority.

THE ASSOCIATED PRESS

Canada Post warns of likely shutdown

Canada Post says mail within the system during a disruption will be delivered once operations resume. TORSTAR NEWS SERVICE

EMPLOYMENT

Postal union will be in legal strike position on Saturday

Canada Post is warning unionized workers that any type of job action including rotating strikes this weekend will mean the shutdown of the post office.

"In the event of a labour disruption, Canada Post will not operate," the Crown corporation said Monday. "Mail and parcels will not be delivered, and no new items will be accepted. "Any mail and parcels within the postal system during a work disruption will be secured and delivered ... once operations resume," the release says.

The two sides have been holed up in an Ottawa hotel for months, trying to hammer out a deal covering both urban and processing plant members, and rural carriers before the July 2 deadline. At that point, the Canadian Union of Postal Workers would be in a legal strike position.

Canada Post has also taken the step of publicly releasing details of its last offer to the union.

It said the offer which includes a wage increase and no change to the defined benefit pensions for current employees. New hires would be put on a defined contribution plan.

Those covered in the urban contract would be offered a four-year deal with no wage hike in the first year and 1 per cent each in the remaining three years. TORSTAR NEWS SERVICE

FOOD AND DRINK

Diet Pepsi with aspartame returning

Diet Pepsi made with aspartame is returning to shelves in the U.S., after PepsiCo saw sales plummet following its reformulation of the drink last summer to remove the artificial sweetener.

PepsiCo says it will offer "Diet Pepsi Classic Sweetener Blend" made with aspartame starting in September, in 12-ounce cans, 2-litre bottles and 20-ounce bottles. The move is intended to appease fans who don't like the taste of the reformulated drink, which is made with the artificial sweetener sucralose.

But PepsiCo Inc. said Diet Pepsi made with sucralose, commonly known by the brand name Splenda, will remain its primary diet soda offering. Those cans will be silver, while the "classic" Diet Pepsi with aspartame will be come in light blue packaging.

Aspartame had been linked to cancer but the Food and Drug Administration says more than 100 studies support its safety. THE ASSOCIATED PRESS

Pepsi MAX, to be reintroduced as Pepsi Zero Sugar, and Diet Pepsi Classic Sweetener Blend will contain aspartame. Diet Pepsi will be without aspartame. THE ASSOCIATED PRESS

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PRECARIOUS WORK IS HURTING OUR REGION, OUR COMMUNITY AND OUR LIBRARIES

Across the GTA and here in Mississauga, part-time, casual, precarious work is becoming the norm. That hurts communities like ours.

At the Mississauga Library System (MLS), half of the workers are struggling with part-time, precarious work. Many earn just pennies over the minimum wage.

That's why workers at MLS are trying to negotiate a fair contract that addresses precarious work in our community.

Call the Mississauga Library System's board at 905-615-3200 ext. 3601 and leave a message. Tell them it's time to negotiate a fair contract with their workers.

Together, let's turn the page on precarious work.

FACTS ABOUT MISSISSAUGA'S LIBRARIES

Proportion of part-time workers: 56%

Hourly wage earned by 25% of the workforce: $11.39

Benefits, paid sick leave and paid vacation for part-time MLS workers: NONE

^ Ontario's poverty line: $19,930

< Maximum annual wage for the lowest-paid library workers: $14,215

"We can and must do more until every resident in our community has an equal opportunity to succeed and prosper."
— Mayor Crombie, February 27, 2015

CUPE | Canadian Union of Public Employees
CUPE 1989 MISSISSAUGA LIBRARY WORKERS UNION

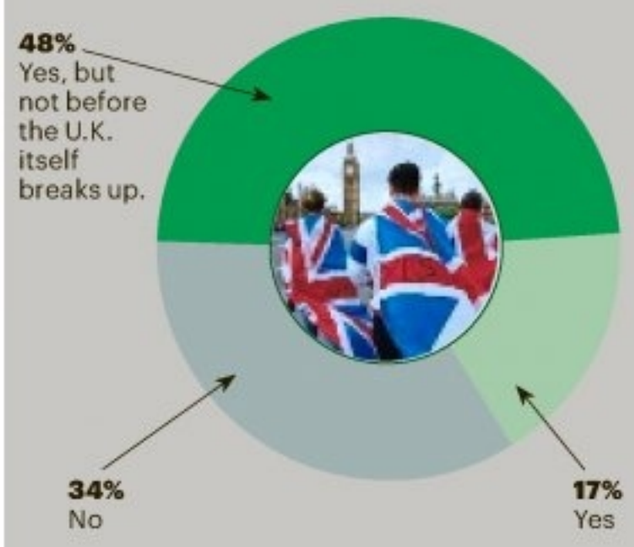
metro VIEWS
Your essential daily news
Tuesday, June 28, 2016

METRO POLL

Bowled over by the Brexit vote?

We've all had a few days to process the Brexit result, but nobody is any closer to having any idea what will happen. Will the U.K. actually go through with this? What about Scotland and Northern Ireland? What chain reaction of political and economic events will this set off? We asked readers what they thought would happen. Check out the results.

1 Do you think the U.K. will actually leave the EU?



2 How surprised were you by the result?

57% Completely, utterly blindsided
21% Not at all. I saw it coming the whole time.
21% Mildly to moderately surprised

3 What do you think was the decisive factor?

69% Anti-immigration/xenophobia
15% Distrust of elites and internationalist institutions
8% Fiscal/economic concerns
8% Nostalgia

WE ASKED Metro readers

Reality is the government will always choose what it thinks is best for itself in the long run

The vote provides U.K. significant leverage to negotiate new terms with the EU

They never used the euro. Putting the borders back to a safer level is wisest

The Brexit is a bigoted, backwards thing to do, and Northern Ireland and Scotland are not going to stand for it

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HAVE YOUR SAY

Real transit expansion requires new taxes

TORY'S TORONTO

Matt Elliott

For Toronto transit nerds, last Tuesday felt a bit like Christmas.

After much anticipation, Transit Santa swooped in and delivered a big pile of detailed reports on an ambitious slate of projects. He gifted us information about plans for two LRT lines along Eglinton, Mayor John Tory's SmartTrack, the ever-controversial Scarborough subway, and the long-awaited downtown-relief line.

Here's the problem, though: Transit Santa isn't real, and neither are most of these projects.

Not yet, anyway.

Despite the hoopla, most of Toronto's transit plans remain unfunded. Even after accounting for contributions from the provincial and federal governments, Toronto comes up short by somewhere in the neighbourhood of $11 billion.

So before Tory and members of Toronto City Council congratulate themselves for supporting transit, they need to take a hard look at another report that dropped last week: the less festive one telling them about all the potential taxes, tolls and fees Toronto could implement to pay for stuff.

No one likes to hear about this part, but there is no avoiding it. Transit projects cost a lot of money. Toronto's government doesn't have very much money. Ergo, Toronto's government needs to implement new taxes.

It's time to get serious about paying for the future of our city.

That means picking from the slate of revenue tools reported on by Toronto's city manager. There are two that I think are especially worth pursuing.

The first is a tax levy on Toronto's parking spots. Charging a daily levy of $1.50 per paid or unpaid space would bring in about $575 million per year, according to an analysis conducted by consulting firm KPMG.

The upside is obvious — that's a lot of money that can go to transit. The downsides are few. Ultimately, a levy on parking might result in fewer parking lots and less free parking. I can live with that.

The other option I like is a municipal sales tax. This is a bit trickier, because it requires provincial approval, but it's a tool used by most big cities.

Like a parking levy, a sales tax charged to most purchases has significant revenue potential — up to $515 million a year, according to KPMG. It also means the thousands of people who work in Toronto but live outside our borders would start contributing directly to the city's budgetary needs.

These taxes represent big shifts, I know. But if you're shaking your head right now, aghast at the very notion, then I'd ask you to consider whether you're really satisfied with the state and size of Toronto's transit system. Because that's about all Toronto's current tax system will ever deliver.

Christmas miracles may come easy, but transit miracles? Trust me — we have to pay for those.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

When hunger strikes outside the home, will you be prepared?

There are two kinds of Canadians: Those who pack a lunch, and those who don't.

The latter camp seems confident others will feed them.

The former know better.

We were all raised to be fully aware of the danger of walking out your front door: You could get hungry. All of a sudden, your blood sugar could plummet. You could get to the end of the road and realize your error — a tummy rumble, a dryness of the mouth, some ancient, panicky alarm system ringing in your brain like the idiot BMW next door.

The lunch packer was raised to anticipate — and head off through careful planning — this most undesirable and preventable of feelings. In their household, as a child, no trip was too small for a snack. Running up to the airport for an hour? Better bring: a banana, an orange, two smushed and still-defrosting homemade muffins of questionable consistency, one granola bar. (The car, of course, is perpetually packed with two to four full — reused — water bottles, which seem, as if by the work of fairies, to never run dry.) Going grocery shopping? Better bring an apple. Taking a flight? Here's your bagel and cream cheese. And a few old carrot sticks from the bottom of the fridge. Want to take this day-old Danish?

For such a child, the packed lunch develops like an involuntary tick. Well aware that others somehow make do actually buying prepared meals from a million spots offering lunch, this child (now adult) remains skeptical. The outside world still seems like a wild, hostile terrain devoid of sustenance. You could get to work on time and just buy a lunch from Subway, but then you think of your parents wrapping sandwiches in reused plastic lining from cereal boxes, and you know you will be late. The fridge, no matter the measly contents, beckons. This feels like the moral choice. And even a disjointed packed lunch with all the cohesion of a latterday Picasso seems better than having to decide what to eat on the spot, when you're already hungry.

This is the lesson: Always head off the need to decide what to eat. It will be stressful, and disappointing, nevermind expensive. You will be at the mercy of the world around you. An unpredictable world.

In the moment of actually eating lunch, it becomes clear that a half-chicken meal with fries would taste so much better. But magically, by the next morning, all that is forgotten. Time is ticking. The threat of hunger looms. The packed lunch will be made.

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Your essential daily news

Two-thirds of Americans think President Barack Obama tried to make race relations better in the U.S.

Female orgasm: It's complicated

NEW BOOK

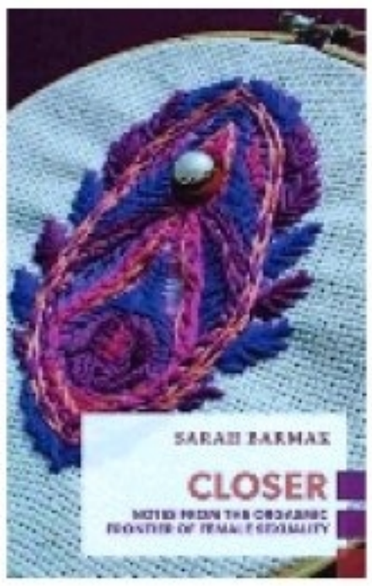
Sarah Barmak explores women, sex and pleasure

A few years back, Sarah Barmak noticed female sexuality was getting a lot of buzz. It was a discussion point in books, mainstream media, conversations among her friends. The recurring theme, she says, was it's "complicated."

"To me, this seemed curious," says the Toronto-based writer and journalist. "Half the people in the world — their sexuality is 'complicated?'"

It sparked Barmak's interest in probing the deeper story of female sexuality, with a focus on one thing in particular: the enigmatic, often-elusive female orgasm. Over the next three years, she spoke to sex coaches, researchers, neuroscientists and a variety of women, from those who've never had an orgasm to one who was once capable of climaxing 15 times in one session.

The result is Barmak's new book, Closer: Notes from the Orgasmic Frontier of Female Sexuality, an exploration of the ways female sexuality is being redefined in scientific research and today's sex-obsessed culture.



Amid all your research and interviews for Closer, did anything surprise you?

Oh my god, everything. I knew I'd found the tip of the iceberg early on, when I went to an orgasm workshop at Good For Her, a sex store for women in Toronto — a five-hours-long meeting. These weren't the type of women you'd imagine going to sex toy stores. Regular folks, mothers — more conservative-seeming — but they were all suffering on two levels. The first level was this magical thing that's supposed to happen in every woman wasn't happening for them. Number two was the idea that their problem was frivolous, that it was something they'd be embarrassed to tell someone else.

That was a striking first scene. This line really stuck out, about these women talking about having an orgasm: "For nearly all," you wrote, "It will be their first one." It's sad that it's not really surprising.

It's true. I've talked to so many women who say they never talked to their mothers about sex. Or, if I asked when they first had an orgasm — they said, "Oh, I've never had that," or, "Maybe when I was first married." I think our culture takes for granted that all women have orgasms. And when you think about it, girls are not, in any sense, given information about their own pleasure. We don't think it's important for women to know what feels good to them — what kind of touch feels good, what kind of pressure, how to fantasize. A lot of girls get the message that touching yourself is wrong or shameful.

You must have a lot of thoughts about the ongoing sex-ed debate, then?

It's long overdue. I don't think it goes far enough. I think there needs to be more emphasis on pleasure, and this is something you'll find in Peggy Orenstein's book (Girls and Sex) as well. Diagrams about the female reproductive system have everything but the organs leading to pleasure. The clitoris is rarely mentioned. But with boys, there is clear talk about boys getting erections, they have sexual desire — and girls get the message that boys have sexual desire, and girls are the objects.

Sarah Barmak is the author of Closer: Notes from the Frontier of Female Orgasm.
TORSTAR NEWS SERVICE

You come back to a similar theme a few times in the book, that we're living in this sexually liberated time, but you also unpack the complicated reality under that veneer.

We're accepting about sexual orientation, gay marriage and the fact that we're even talking about female orgasm — it's a sign we've come a long way. But I think there's diversity in the way that women are, and the way that sexual desire is, and the way women can be, that really isn't recognized.

TORSTAR NEWS SERVICE

RELATIONSHIPS

Short men face a tall order when it comes to online dating

Would you turn down a date with shorter men like George Clooney (five-foot-10) or Kit Harington (five-foot-six)?
GETTY IMAGES

Sofi Papamarko
Torstar News Service

Dating is frustrating for just about everyone, but chances are if you are a) straight man who is b) single and c) not especially tall, you're getting the short end of the stick.

According to social psychologists Elaine Hatfield and Susan Sprecher, height is one of the most important characteristics defining male physical attractiveness to women.

Unfortunately, I've found this to be empirically true. One of my biggest pet peeves as a matchmaker is when women tell me that they would never date anyone shorter than six feet tall, thus pre-emptively the vast majority of men, sight unseen.

When I ask these women why they would discount all but a mere 10 to 15 per cent of the human male population, they usually answer they're "not attracted to guys shorter than six feet." I follow up by asking them if they'd reject George Clooney (five-foot-10) or Kit Harington, who plays Jon Snow on Game of Thrones (five-foot-six).

When pressed further, these women reveal they "like to wear heels" or want to "feel like a girl," as if certain heights were more inherently masculine or feminine than others.

Online dating sites can be both a blessing and a curse. Some of them allow users to filter prospective matches by height, meaning if you're a guy who is five foot five, there are fewer women looking at your profile than that of a guy of otherwise equal charm who is six foot one.

Carissa Imgrund, 37, was one of these women who preferred dating taller men, being a tall person herself (five-foot-10).

"There were many times I wouldn't even read their profile if I saw their height was less than five-foot-10. It was an automatic delete," Imgrund says. When Imgrund met a smart and funny man on dating app Bumble, however, the banter was so electric that his (unlisted) height didn't even cross her mind.

"When we met (in person) and I realized the height difference, I was really nervous at first, but everything else just clicked so well. ... By the end of our third date, I couldn't have cared less he was shorter."

Three months later, the couple are going strong.

What's Imgrund's advice to single women (and men) with an arbitrary height cut-off? "Be willing to try — you might be cutting yourself off from someone amazing without even giving them a chance.

TECHNOLOGY

New feature in U.S. helps people search symptoms

Genna Buck
Metro Canada

Have you ever searched the web for a term like "eye pain" and come away concluding you're about to have a stroke, or you have a brain tumour, or maybe both?

You're not alone. Google says one per cent of its total searches are about symptoms.

Medical misinformation can spread faster than a nasty virus online, and Google is acknowledging its part in that. "Health content on the web … tends to lead people from mild symptoms to scary and unlikely conditions," a company blog post from last week says.

In the U.S., in English only, the search giant is unveiling a new feature called symptom search. Now, when Americans type a complaint, like "eye pain," into the Google app, it will display a short overview of the symptom, information on how treat it at home, and the signs that indicate you should head to the doctor.

ISTOCK

Harvard, Mayo Clinic lend a hand to Dr. Google

It also shows a list of related conditions compiled with help from human experts at Harvard Medical School and the Mayo Clinic. Google communications manager Susan Cadrecha said there's no date set to roll out symptom search in Canada, but an expansion is planned to more regions soon.

When it arrives it may be met with cheers from Canadian doctors: A 2015 survey of 1,000 Canadian MDs by the Medical Post found 41 per cent were "extremely" or "very" suspicious of health information their patients dug up online, and 45 per cent believe Dr. Google does more harm than good.

Toronto pediatrician Dr. Daniel Flanders isn't one of them. He thinks a care provider made of bits and bytes has a role to play, as long as people have a family doctor they trust to help them separate "dubious information and misinformation" from genuine advice.

"Anyone who is 100 per cent managing their medical problems with Internet searching — that's problematic," Flanders said. "But I feel patients taking health into their own hands and proactively seeking information is fundamentally a good thing.

"If Google can facilitate the process so high-quality information comes first, that's fabulous. Whether they're able to do that remains to be seen."

Patients with rare diseases who've researched their conditions in-depth can even teach doctors a thing or two, Flanders added: "There's a huge potential for physicians to become better experts, via the education they get from their patients. And the patients get the information from Google."

SEARCHER BEWARE

If you search Google today for "vaccine information," the top result is VaccineInformation.org, a helpful website from the U.S. Centers for Disease control. But the second one is NVIC.org, The National Vaccine Information Centre — a sneakily named anti-vaccination group with a slick and official looking website.

TORONTO STAR Teacher Award

Do you know a special teacher?

We're asking Toronto Star readers to nominate an educator in the teaching profession for the 8th Annual Toronto Star Teacher Award.

SUBMIT YOUR NOMINATION, INCLUDING THE FOLLOWING INFORMATION:

- First and last name of the teacher
- Where the association with the teacher took place (provide the name of the school/teaching facility and city)
- Dates of association with the teacher
- Your name, address and daytime telephone number
- Your relationship to the teacher (i.e. student, parent of the student, former student, colleague).

In 250-500 words, provide a personal account explaining why this teacher deserves to be recognized with the Toronto Star Teacher Award. This may include a brief description of his or her qualities, teaching characteristics, specific examples of the teacher's efforts, dedication, mentorship or the difference he or she has made to your life or the lives of others.

DEADLINE FOR NOMINATIONS:

Thursday, June 30, 2016 at 11:55 pm ET. The 2016 Teacher Award recipients will be announced in the Toronto Star in September 2016.

SEND YOUR NOMINATION TO:

Toronto Star, One Yonge Street, 5th Floor, Toronto, ON M5E 1E6. You can also submit your nomination online at: **thestar.com/teacheraward**

TORONTO STAR thestar.com

RULES:

1. Nominee must be a certified Ontario teacher at the elementary or secondary level.
2. Your story must have taken place between September 2015 and June 2016.
3. Teachers may not be nominated by a member of their family.
4. All nominations must be accompanied by the 250-500 word personal account.

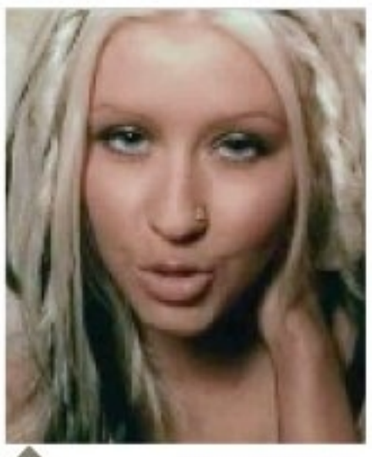
TORONTO STAR CLASSROOM CONNECTION

5 MUSIC VIDEOS THAT CARRY LGBTQ NARRATIVES

Musicians and directors have used music videos to tell stories about the LGBTQ community for decades, even if the themes were often buried as subtext. And for many young people growing up in small cities or communities, the visual elements of their favourite songs were a rare window into an outside world of acceptance. Here, five influential music videos with LGBTQ themes. THE CANADIAN PRESS

1 Melissa Etheridge, Come to My Window

Her lyrics about a secret love were inextricably linked with Etheridge's decision to come out as a lesbian in early 1993, just around the time as her label released this song as a single. Interpretations of the music video abound, but it's hard to ignore that Etheridge was making a less-than-subtle point by having actress Juliette Lewis play a mental patient losing her sanity while trapped in her bedroom cell. Etheridge had freed herself from that prison and — along with kd lang and Ellen DeGeneres — helped pave the way for a new era.



2 Christina Aguilera, Beautiful

The 2002 music video for Beautiful is sometimes overlooked for its breakthrough representation. The clip features a gay couple open-mouth kissing in public as they ignore the stares of passerbys while another scene has a biological man confidently dressing in women's clothes.

3 Hozier, Take Me To Church

With more videos putting a positive spin on LGBTQ themes than ever before it was startling to see the Irish musician's portrayal of a young gay couple whose lives are torn apart when one is violently attacked. In the YouTube era it sparked a viral sensation which helped turn Take Me to Church into a chart success.

4 Rough Trade, High School Confidential

Unrequited lesbian lust was the centrepiece of the Toronto new wave band's precedent-setting 1980 single, which climbed the Canadian Top 40 chart despite lurid lyrics. The video took a safer path, with androgynous lead Carole Pope singing to the camera while male-female flirtations played out.

5 RuPaul, Supermodel (You Better Work)

Few tracks were as fresh as this 1992 hit. Supermodel portrayed RuPaul as a fashionista who dominated the runways but still didn't mind shooting hoops with the guys. The video was cheeky and fun, and before long RuPaul was everywhere. RuPaul showed that confidence and perseverance can go a long way.

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metro SPORTS

High-powered thermal cameras will be used on the Tour de France to help detect riders using hidden motors inside their bikes

England's latest Euro exit orchestrated by Iceland

EURO 2016
ROUND OF 16

Little nation upsets team full of Premier League stars

Iceland pulled off one of the biggest shockers in European Championship history by beating England 2-1 in the round of 16 on Monday, continuing the astonishing run of the smallest nation at the tournament.

England slumped to its most embarrassing loss in a generation after taking the lead in the fourth minute through Wayne Rooney's penalty.

Ragnar Sigurdsson and Kolbeinn Sigthorsson took advantage of defensive shortcomings by England to put Iceland ahead by the 18th minute, and the Icelanders defended superbly in the second half to earn the biggest victory in their history and a quarter-final match against France in Saint-Denis.

"They thought that this would be a walk in the park," Sigurdsson said. "We had faith in our ability."

Iceland, a country of 330,000 people, is featuring in its first ever major tournament.

It proved to be the last match of the four-year reign of England coach Roy Hodgson, whose contract was up after the tournament.

"Now is the time for someone else to oversee the progress of this young, hungry and extremely talented group of players," Hodgson said. "They have been fantastic."

The England fans who booed the team off at halftime and fulltime will likely have a different opinion.

England's players head home early again for another post-tournament inquest. Their players slumped to the ground in front of their jeering fans after the final whistle, their heads in their hands.

England took the lead on a balmy night at the Stade de Nice after winger Raheem Sterling was clipped by goalkeeper Hannes Halldorsson as he prodded the ball past him. Rooney converted the penalty into the bottom-left corner.

Iceland struck back immediately through Sigurdsson, volleying in at the far post after Kari Arnason's flick-on from a long throw.

Sigthorsson then took advantage of more slack defending by England, getting time and space to shoot from just inside the area. Goalkeeper Joe Hart got a hand to the effort but the ball squirmed over the line.

ITALY 2, SPAIN 0

In, Saint-Denis, Italy ended Spain's European Championship reign, beating the two-time defending champions.

Giorgio Chiellini poked the ball into the net from close range in the 33rd minute after Spain goalkeeper David De Gea first parried Eder's free kick, then blocked Emanuele Giaccherini's follow up from the rebound.

Graziano Pelle added the second goal in injury time.

Italy goalkeeper Gianluigi Buffon preserved the lead in the 89th with a diving save low to his right to push away Gerard Pique's shot.

Italy will next play Germany in the quarter-finals on Saturday in Bordeaux.

THE ASSOCIATED PRESS

MONDAY In Nice

2 KSI — 1 ENGLAND

Iceland's Ragnar Sigurdsson scores past England goalkeeper Joe Hart in Nice, Monday.
PAUL ELLIS/AFP/GETTY IMAGES

QUARTER-FINALS

THURSDAY
Poland vs. Portugal
FRIDAY
Wales vs. Belgium
SATURDAY
Germany vs. Italy
SUNDAY
France vs. Iceland

HOCKEY

Lindros finally called to the Hall

The debate is over. Eric Lindros will finally get his plaque in the Hockey Hall of Fame.

Passed over six times before, the longtime Philadelphia Flyers captain was announced as one of four nominees for this year's Hall of Fame induction class, joined by the late Pat Quinn, goaltender Rogie Vachon and Russian winger Sergei Makarov.

"It was six years and it was a bit of time, but I guess you can turn around and say I'm in the Hall forever going forward," Lindros said on a conference call after the announcement.

15th

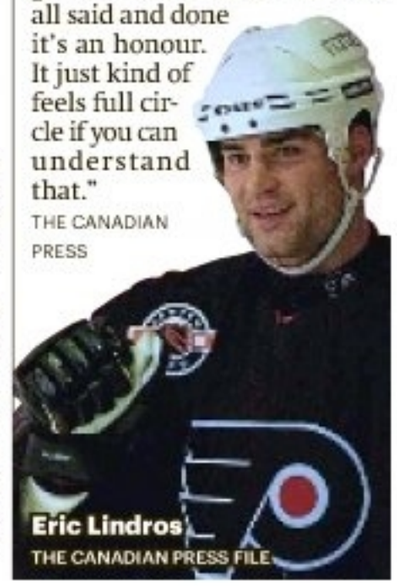
Lindros ranks 15th among all inactive players with 1.14 points per game.

This was a day that looked more and more unlikely to happen. Lindros was a hotly debated candidate every year for Hall induction, but each year it was revealed that, again, he had not made the cut.

Injuries, and the time they robbed him of, were used by some to justify of his absence from the Hall, though not from the committee, which keeps all deliberations private.

"I think there was some times you get thinking back and wondering what if," said Lindros, who scored 372 goals along with 865 points in 760 games. "But I think when it's all said and done it's an honour. It just kind of feels full circle if you can understand that."

THE CANADIAN PRESS



Eric Lindros
THE CANADIAN PRESS FILE

WIMBLEDON

Raonic fires 27 aces in straight-sets win

Milos Raonic GETTY IMAGES

Milos Raonic advanced to the second round of Wimbledon on Monday with a 7-6 (4), 6-2, 6-4 win over Spain's Pablo Carreno Busta.

The sixth-seeded Canadian used his big serve to his advantage, firing 27 aces past Carreno Busta in a match that took one hour 53 minutes to complete.

Raonic will face Andreas Seppi in the second round. The Italian advanced with a 6-2, 6-4, 6-0 win over Spain's Guillermo Garcia-Lopez. THE CANADIAN PRESS

IN BRIEF

MacLean reclaims host gig

Ron MacLean is officially back as host of Hockey Night in Canada, returning to the chair he occupied for nearly 30 years before being ousted in favour of music journalist and CBC talk show star George Stroumboulopoulos.

Stroumboulopoulos, who signed a five-year deal to host Hockey Night in Canada in 2014, is leaving "to explore new creative opportunities," according to a Sportsnet release. THE CANADIAN PRESS

SOCCER

Messi resigns after latest heartbreak

Some fans, players, and even Argentina's president want Lionel Messi to reconsider. Other supporters on Monday were simply sad that he's quitting the national team.

Messi shocked his native country with his abrupt resignation from international soccer after Chile defeated Argentina 4-2 on penalties after a 0-0 draw on Sunday.

"The national team is over for me," Messi told the Argentine network TyC Sports.

"It's been four finals, it's not meant for me. I tried. It was the thing I wanted the most, but I couldn't get it, so I think it's over."

Messi lifted Argentina's first penalty kick over the crossbar, setting the stage for another loss in a final. Messi and Argentina lost to Brazil in the 2007 Copa final and to Germany in extra time in the 2014 World Cup final. They lost last year's Copa final to host Chile on penalty kicks. THE ASSOCIATED PRESS

Tulo returns to Colorado

MLB

Jays' shortstop given warm welcome at former home

Troy Tulowitzki returned to Coors Field saying he is "in a good place" 11 months after being traded by the Colorado Rockies.

Tulowitzki was in Denver on Monday for a three-game series with the Toronto Blue Jays, the team that acquired him from the Rockies last July 27. He greeted his old Colorado teammates during batting practice and had a warm embrace with Rockies' rookie shortstop Trevor Story.

"He was my favourite player," Story said. "I have a lot of respect for Tulo. He's been a mentor for me. I've got nothing but good things to say. I kind of grew up watching him play. He's a bigger shortstop, so I kind of idolized him a little bit. It's going to be cool to play against him."

Tulowitzki said he is happy in Toronto but wasn't pleased with how the trade went down last summer.

Troy Tulowitzki got a standing ovation at Field Monday. GETTY IMAGES

He has said he had an agreement with Colorado to be kept informed of any trade talk but when it happened he said was "blindsided."

"I wish it would have been cleaner, I wish there would have been better communication," he said. "I believe I touched on it when I got traded how upset I was."

Tulowitzki said he is not bitter despite being unhappy at the time.

"I'm not bitter. I'm in a good place, I'm on a good team," he said. "It's all I ever wanted. We should all move on. The Rockies got good players for me. Hopefully I do my thing here in Toronto and win a World Series."

Tulowitzki played 10 years with the Rockies and when he was healthy he was an MVP candidate for Colorado. He hit 21 or more home runs six times while with the Rockies including a career-high 32 in 2009 when Colorado won a club record 92 games. THE ASSOCIATED PRESS

.299

Tulowitzki hit .299 with 188 home runs over 10 years in Colorado.

IN BRIEF

Bryant sets record with three homers, two doubles

The Cubs' Kris Bryant became the first major leaguer to hit three homers and two doubles in a game on Monday night against the Cincinnati Reds.

Bryant doubled home a run, hit a solo shot, had a three-run homer, doubled again and had another solo homer in the eighth.

THE ASSOCIATED PRESS

Preds forge deal with Filip

The Nashville Predators have signed forward Filip Forsberg to a six-year, $36-million contract Monday, locking up one of their brightest young stars long-term.

The 21-year-old Swede led the Predators in goals (33) and points (64) in 2015-16.

THE ASSOCIATED PRESS

Hesjedal out for France

Canadian Ryder Hesjedal will not take part in this year's Tour de France.

The 35-year-old from Victoria, winner of the 2012 Giro D'Italia, was not included on the nine-man Trek-Segafredo team announced Monday.

Hesjedal tweeted a photo of him sitting on a beach under a palapa, saying "Recovery time! France in July wasn't in the cards."

THE CANADIAN PRESS

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RECIPE Roasted Chicken and Grapes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Well, you didn't see that coming did you? But the sweetness of the grapes is a lovely counterpart to the rich balsamic and earthy thyme in the sauce.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients
- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions

1. Preheat the oven to 400 F. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a rack.

2. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.

3. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.

4. Serve over couscous, mashed potatoes or polenta.

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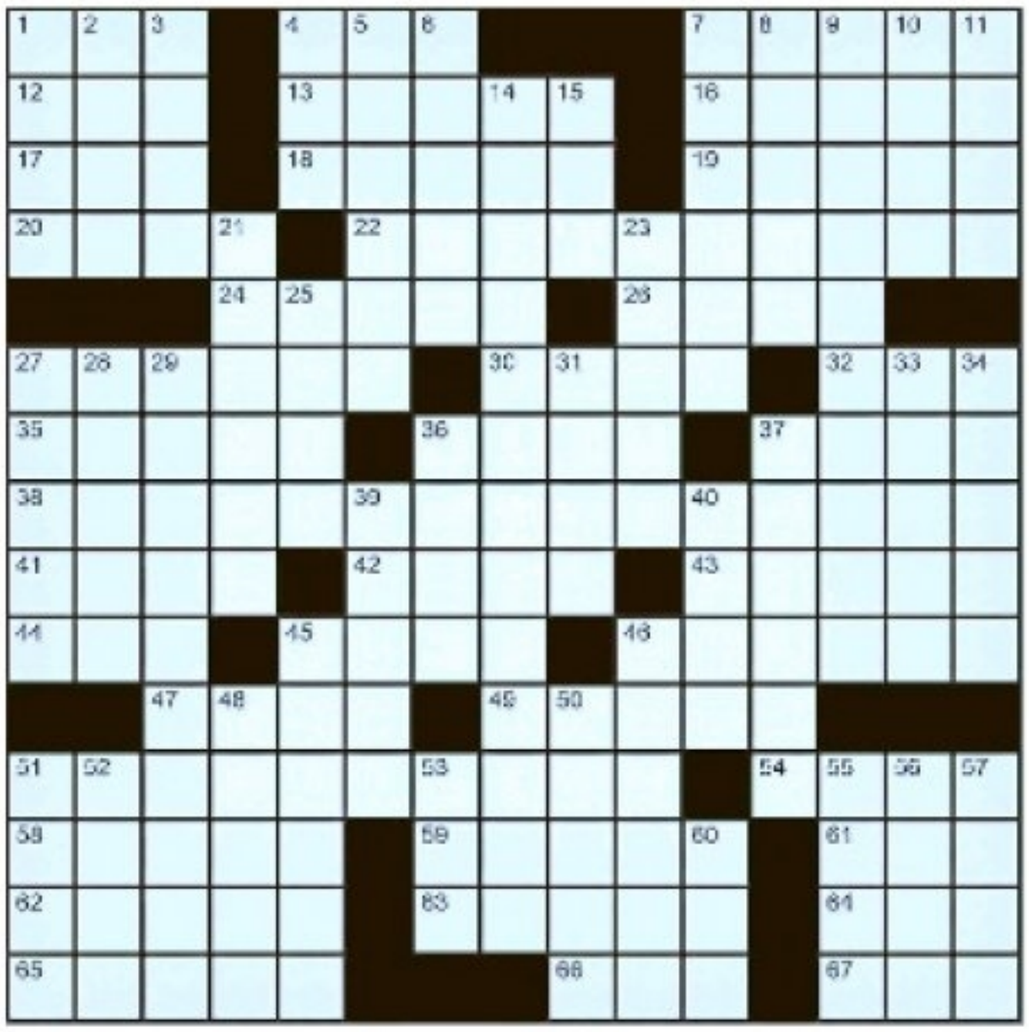
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. MLB's Cubs city
4. _ Red apple
7. A&E's scary show, "_ Motel"
12. Conned
13. "Not Ready To Go" by Canadian band The _
16. Bright lizard
17. "_ say!" (And how!)
18. Andrea _ (Ill-fated luxury liner in 1956)
19. Example of a herbivorous odd-toed ungulate
20. Treble _
22. _ wipers
24. Norwegian playwright Henrik
26. Female octopi
27. With pleasantness
30. "Stanley & _" (1990)
32. Sugar amt.
35. Ontario village called 'Toronto without the Ts'
36. Rotate
37. Italian harp
38. 'Lowbush' fruits produced in Eastern Canada: 2 wds.
41. Cape Breton, et al.
42. Energy units
43. Are Not, contracted
44. "_ sells seashells..."
45. BBC, fun-style
46. Rids
47. Dressed
49. House-topper rims
51. Astronaut's dreamed-of work area: 2 wds.
54. Tropical tuber
58. Workplace group
59. PC screen clickees
61. Goldie, to Kate
62. Quarried construction material
63. Red Hot _ Peppers
64. French pronoun
65. Hues
66. Empire State Bldg. location
67. Commonly, in poems

DOWN
1. Stylish
2. Lecture lieu
3. Still
4. "_ be my pleasure."
5. Groggy
6. Cliff nest
7. Get cleans
8. Once more
9. Lush wall hangings
10. Oscar-winner Mr. Jannings
11. Baby Atlantic Herring, wee-ly
14. Vacation town in Manitoba, it makes a splash!: 2 wds.
15. "_ Songs (Say So Much)" by Elton John
21. Demons
23. Glisten
25. Steve McQueen sci-fi film, "The _" (1958)
27. _ _ not the time (Later is better)
28. From Dublin's country
29. Assemblage
31. BBQ servings
33. Used up
34. Histories
36. Positive
37. "You're under _!" (Police officer's exclamation)
39. 1970 album by The Who: 'Live at _'
40. Trendy = All the _
45. Books: _ & Noble
46. Equally
48. Sierra _
50. Flip _ _ (Choose by chance)
51. Depose
52. To, archaically
53. Small photograph
55. Weaponry, wee-ly
56. Skylight's location
57. Cut
60. Command to an attack dog!

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your freedom is important to you today, which is why you might be impulsive or do something others least expect. Well, that's the Aries way, isn't it? (Get used to it!)

Taurus April 21 - May 21
You feel restless today. You have that feeling that you're waiting for the other shoe to drop or something like that. Don't worry, because this feeling will be gone by tomorrow.

Gemini May 22 - June 21
A friend might surprise you by doing or saying something unusual. Or perhaps, you will meet someone who is a real character. Oh well, it's not a boring day!

Cancer June 22 - July 23
Be polite and respectful when talking to authority figures today, because you might be tempted to be just the opposite. If someone catches you off guard, don't be lippy. And don't quit your day job.

Leo July 24 - Aug. 23
Travel plans will be interrupted, delayed or canceled today. Likewise for schedules with colleges and universities. Count on it.

Virgo Aug. 24 - Sept. 23
Check your bank account and matters related to inheritances, insurance issues and shared property, because something unexpected might happen. Make sure you are on top of things.

Libra Sept. 24 - Oct. 23
A friend or partner might throw you a curveball today. Or perhaps this person will demand more freedom in the relationship. It could be anything.

Scorpio Oct. 24 - Nov. 22
Your work routine will be interrupted today because of computer crashes, power outages, fire drills, canceled meetings or staff shortages. Give yourself extra time so that you can cope with the unexpected.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, social events might be canceled or rescheduled — including sports.

Capricorn Dec. 22 - Jan. 20
Small appliances might break down at home today, or minor breakages could occur because something unexpected will take place at home. Perhaps someone unusual will knock on your door.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day, so pay attention to everything you say and do. However, you're also full of clever, bright, original ideas!

Pisces
Feb. 20 - March 20
Watch your money and possessions today. Guard them against loss or theft. You might find money, or you might lose money. What you want to do is be aware.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

							7	
	7		1			4		8
				4	5		3	
	1		4			6		
		9				5		
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	2		6	1				
5		3			9		4	
	6							

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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8	5	3	2	6	9	7	4	1
6	7	9	4	5	1	8	2	3
4	1	2	3	8	7	6	5	9
1	8	4	7	3	2	9	6	5
7	9	6	5	4	8	1	3	2
3	2	5	1	9	6	4	7	8
5	6	7	8	1	3	2	9	4
9	4	1	6	2	5	3	8	7
2	3	8	9	7	4	5	1	6

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